

## SOME IMPORTANT POINTS

We hope the following reminders will help older drivers adjust and improve their driving.

- Get your doctor's frank advice about your driving. If he advises you to avoid heavy or fast traffic, or night driving, please follow his advice.
- Drive only when you feel up to it. Otherwise use buses, taxis or get a lift from a neighbour.
- Don't drive after taking medication --unless your doctor advises you it is safe to do so.
- Try to anticipate any sudden and unsafe actions by other drivers, pedestrians, bicyclists or children.
- Keep up to date on changes in traffic laws by getting copies of the latest driving manuals. You might even have a driving instructor check your driving and make suggestions.
- Plan every trip - short or long - before you set out. Avoid heavily travelled or high-speed routes. Stay away from routes or zones that bother you.
- Don't obstruct faster moving traffic by unreasonably slow driving. If you are impeding traffic behind you, pull off the highway and allow it to pass. Better still: choose another route or a less busy time of day or week.
- Keep your car and its equipment in safe condition. Take your car in for regular check-ups.
- Keep your windshield, headlights and your glasses clean. Dirt on any of these surfaces interferes with your driving vision - especially at night.

## SOME DANGER SIGNALS

- Do you have difficulty with headlight glare, or seeing other vehicles when driving at night?
- Are you missing important stop signs, highway signs and other traffic advisory indicators?
- Do you have trouble judging how far away approaching vehicles are at any given moment?
- Do you find yourself reacting slowly or becoming disorientated in emergency or unfamiliar traffic situations?
- Do you have trouble maintaining the pace of the traffic around you; or do other cars seem to pass you all the time?
- When you are driving, do you find that you can't see other vehicles and pedestrians clearly?
- Do you find that your peripheral vision to each side isn't as good as it used to be?
- Are you getting an increasing number of scrapes and dents when manoeuvering your car in and out of your garage and in parking lots?

If you find that even two or three of these points apply to you, arrange an immediate checkup of your own vision and general health. It's for your own protection. You just may consider whether it is time to give up your car and take other means of transportation -- because everyone should drive to stay alive!



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## WALKING ... A SHORT GUIDE TO SURVIVAL

Whether you are strolling along a rural highway or trying to cross a busy street, the pedestrian can't argue with two metric tonnes (2000 kg.) of steel and chrome. The automobile always wins, with tragic results for you, the pedestrian.

Motorists are taking to Ontario's roads in ever increasing numbers each year, meaning that the walking public has to exercise increased caution to stay out of harm's way. While a tie may go to a runner in baseball, a tie is a disaster for a pedestrian in a contest with a car.

Especially in this modern age, drivers have to contend with many distractions. And they may not see pedestrians on the roadway, at crosswalks, or even intersections with traffic signals.

The ONLY solution for the pedestrian is defensive walking. It's a matter of survival.



## SOME POINTS FOR DEFENSIVE WALKERS

1. Cross the roadway only at intersections or designated crosswalks. And signal your crossing to motorists. An umbrella or newspaper works fine. Remember, you aren't as fast on your feet as you once were.
2. Watch traffic carefully. Don't count on cars to stop for you at the last moment. Wait for a long break in the traffic flow.
3. Modern automobiles are quiet. So always look both ways in quick succession to make sure a car isn't bearing down on you before you start across the road.
4. Drivers make mistakes. Sometimes they don't stop at intersections when they should. Or they don't signal for turns. Anticipate these kinds of drivers.
5. Don't cross the roadway from behind parked cars. Drivers can't see you until the last moment. And then it may be too late.
6. If you are walking any night, always wear light colored clothing. This enables drivers to spot you more easily.
7. Where there isn't a sidewalk, walk on the left side of the road facing oncoming traffic.

## DRIVING ... A GENTLE REMINDER

You aren't getting older, you're just getting better, according to a recent advertising cliché. But don't kid yourself, the passing years take their toll among the best of us. Sometimes it happens so gradually we aren't fully aware of the changes.

This is especially true when driving. Most older drivers enjoy the use of their cars. They handle them with skill and care. On the other hand, they should always recognize that their reflexes have slowed down somewhat.

The years also dim everyone's vision, impair hearing and slow one's ability to react quickly. You just can't react as fast in an emergency traffic situation. And facts prove older drivers are more susceptible to injury in traffic mishaps.

In addition, today's heavy traffic demands more of any driver than it did even 10 to 20 years ago. This means older drivers have to exercise constant care to ensure their own safety -- as well as that of other drivers and pedestrians.

However, there is no reason why an older person should not continue to drive as long as he or she is in good health and keeps up to date with Ontario's traffic regulations.